

Abstract of the Disclosure

10

Variable	Mean	SD	Min	Max
Age	35.2	12.5	18	65
Gender	Male	Female		
Marital status	Married	Single		
Education	High school	College		
Occupation	Manager	Worker		
Income	\$10,000	\$20,000		
Health status	Good	Fair		
Exercise frequency	Weekly	Monthly		
Stress level	Low	High		
Sleep quality	Good	Poor		
Dietary habits	Healthy	Unhealthy		
Alcohol consumption	None	Occasional		
Tobacco use	Non-smoker	Smoker		
Family size	2	3		
Home ownership	Owner	Renter		
Commute time	15 min	30 min		
Neighborhood safety	Safe	Unsafe		
Access to green spaces	Yes	No		
Proximity to public transport	Close	Far		
Local amenities	Many	Few		
Community involvement	Active	Passive		
Perceived quality of life	High	Low		